

#### **Colorado Mountain Facts**

- 54 "Official" Fourteeners
- According to the CMC 1,281 have summitted all
- 2nd Highest Peak in the Continental US
- Only 6 other States in the Lower 48 have peaks over 13,000 feet
- 637 peaks above 13,000 feet
- 400,000 people visit Pikes Peak annually
- Mount Evans has the highest paved road in North America
- Colorado has 16 named glaciers
- Colorado has more micro-breweries per capita

#### What does it take to climb a 14'er?

- Some Rules to Climb By
- Clothing System
- Gear
- Food & Hydration
- Hazards
- Altitude Sickness
- Weather
- Fitness & Preparation
- Guide Books, Resources & Schools
- Questions

## **Some Rules to Climb By**

- 1st Rule of Climbing: Pay attention to the weather forecast
- 2<sup>nd</sup> Rule of Climbing: Ignore attention to the weather forecast
- 3<sup>rd</sup> Rule of Climbing: Pay attention to the weather
- Leave Early
- Get off the Summit By Noon
- Be prepared to turn around
- Do not separate your party
- Generally do not go alone
- Tell someone where you are going and when you will return!
- Leave No Trace
  - Half a Million People will climb a 14'er this year
- Travel on Designated Trails
- Leash Your Dog
- Have Fun

## **Clothing System**

- No Cotton
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- Dress in Layers
- Rain Gear
- Warm Jacket or Fleece
- Fleece Vest
- Gloves 2 pairs mid-weight and light weight
- Warm Hat or Balaclava
- Spare Socks
- Baseball Cap or other brimmed hat (synthetic)
- Sun Glasses
- Well broken in footwear

# **Essential Gear**

- Quality Day Pack 30 to 40 liters
- Hydration System or Nalgine Bottles
- Map & Compass
- Clothing System
- Basic Survival Gear
- Pocket Knife or Multi Tool
- Sun Screen
- Water Purifier or filter
- First Aid Kit
- Ski Goggles or Glacier Classes
- Extra Food
- Plastic Shovel
- Toilet Paper
- Camera

#### **More Gear**

- Head Torch or Flashlight with Spare Batteries
- Whistle
- Repair Kit
  - Lighter
  - Duct or Repair Tape
  - Shoelaces
  - Sewing kit
- Trekking Poles aka Knee Savers
- Buff or Bandana
- Hand Sanitizer
- Trash Bag
- GPS with Spare Batteries!
- Colorado Outdoor Recreation Search and Rescue Card
- Emergency Contact Information

## **Food & Hydration**

- Take 3 to 4 Liters of fluids as a MINIUM!
- Don't Try Foods or Energy Drinks for the First Time
- Take Foods You Like!
- Eat before you start
- Lunch starts immediately after breakfast
- Pre-Hydrate
- Remember to Drink
- Food Suggestions
  - Pre Package Foods
  - Gu Packs or Shot Blocks
  - Sandwich
  - Chocolate
  - Cold Pizza

#### **Hazards**

- Altitude Sickness
- Avalanche
- Falls
- Getting Lost
- Rock Fall
- Wildlife
- Weather
- Lightning
- Sun Burn
- Other Climbers
- The most dangerous part of the climb is...

... the drive to the trail head!

#### **Altitude Sickness**

- High Altitude Pulmonary Edema (H.A.P.E.)
  - Fluid in the lungs
  - · Can occur in altitudes as low as 8,000 feet
  - Requires immediate medical treatment
- High Altitude Cerebral Edema (H.A.C.E)
  - Swelling of the Brain
  - Not Frequently seen below 18,000 feet
  - Requires immediate medical treatment
- High Altitude Flatus Expulsion (H.A.F.E.)
  - Caused by expansion of gastrointestinal gas
  - Consistent with Boyle's Law
  - Controlled by Diet and Over the Counter Remedies
- Acute Mountain Sickness (A.M.S)
  - Most Common form of Altitude Sickness
  - Symptoms include nausea, loss of appetite, headache
  - Severe Symptoms include vomiting & extreme fatigue
  - Prevention & Treatment



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- Expect Snow in Every Month
- Colorado is #2 in the Nation for Lightning Strikes
- Thunder within 30 seconds of a flash you are in danger
- Get Below Tree Line
- Ditch Trekking Poles, External Frame Packs & Ice Axes
- Do Not Seek Shelter Under a Rock Overhang!
- Lightning Safety Position
- Bolt from the blue
- Sudden temperature drops
- High Winds
- White Out
- Become an Amateur Meteorologist

### Fitness & Preparation

- Trail Ratings
- Going up is hardest on your lungs & heart
- Going down is hardest on your feet, knees & quadriceps
- Endurance Conditioning
  - Cycling
  - Running
- Lunges, lunges and more lunges
- Core Training
- Try out your gear before you go!
- Go for a hike 2+ hours
- Eat & Drink what you plan to take on your climb
- Pack & Plan well in advance
- Depart the trailhead 30 minutes before sun up
- Great to have a cooler of your favorite beverage at the car

## Guide Books, Resources & Schools

#### Guide Books

- Colorado's Fourteeners From Hikes to Climbs by Gerry Roach
- Dawson's Guide to Colorado's Fourteeners Vol. 1 & 2 by Louis W. Dawson

#### Reference Books

- Mountaineering Freedom of the Hills Graydon & Hanson Editors
- The Mountaineering Handbook Craig Connally

#### Web Resources

- Summit Post http://www.summitpost.org
- 14'ers http://www.14ers.com

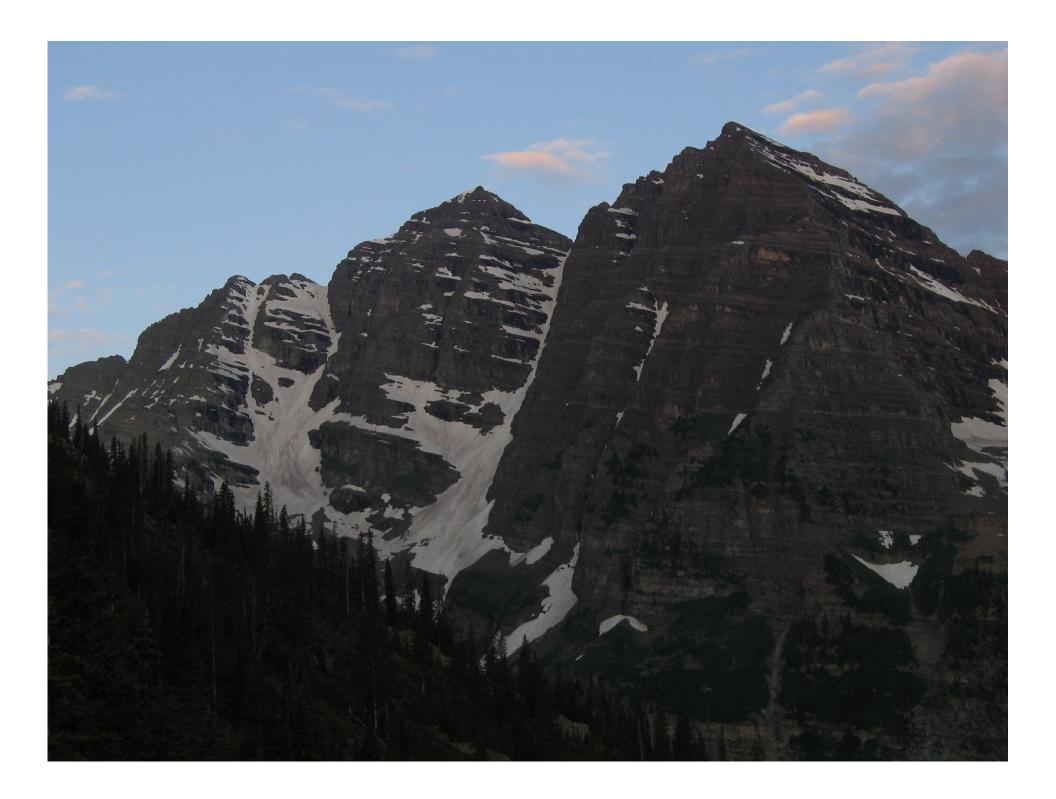
#### Schools & Training

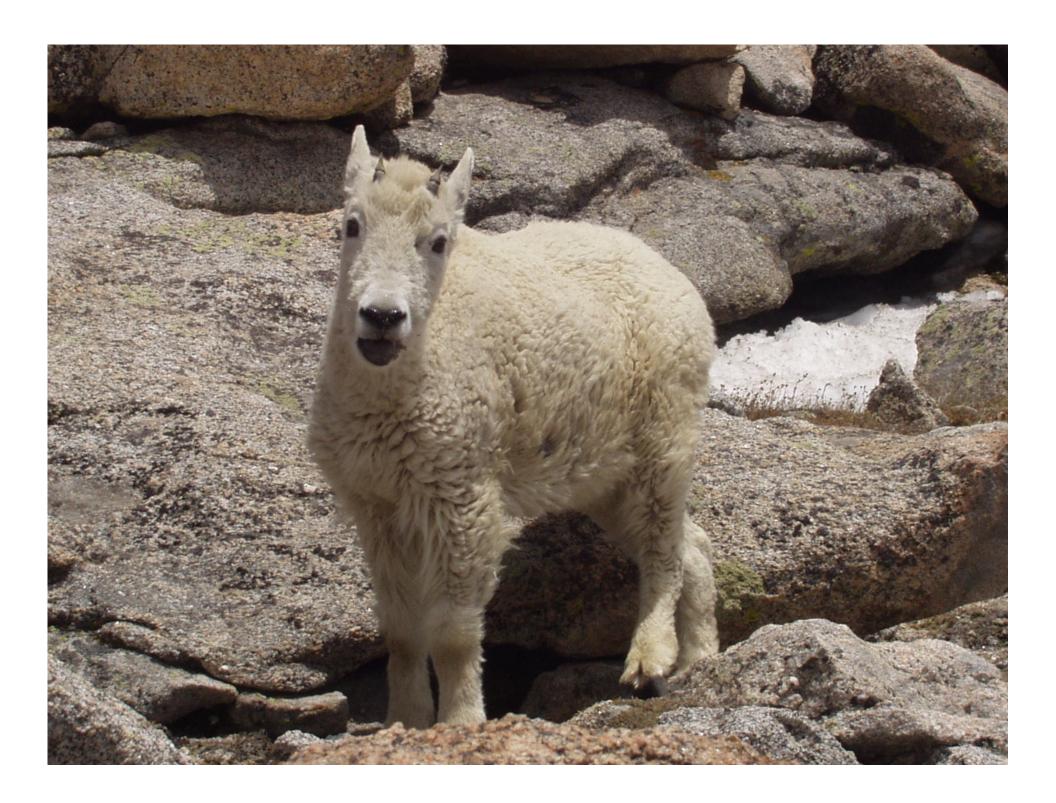
- Colorado Mountain Club http://www.cmc.org
- Colorado Mountain Schools http://www.totalclimbing.com/
- REI http://www.rei.com

#### Presentation Download Available

- http://www.kevindonovan.com/14ers.html
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# Questions?

